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Cookery Course

譚銳佳講義

by **THAM YUI KAI**

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譚銳佳講義

第一期

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把多年來的經驗，獻給同行們及廣大家庭主婦們。

Writes down all his precious experience and presents it to people with the same interest.

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香 骨 酥 雞

用 料：

光雞一隻，未割時連毛計約二斤半左右。生羌一兩，青瓜一條，蕃茄一個。

製 法：

先將光雞洗淨，然後用刀斬開兩邊。頭頸腳斬去不要。用盆仔一只盛着候用。

生羌去皮洗淨，磨爛搥汁，用碗盛着候用。青瓜刨皮改花切片，圍伴碟邊用。蕃茄同樣切片圍伴碟邊用。

醃雞的方法與份量：

斬好的雞，加放幼食鹽兩茶匙，蜂巢味素半茶匙，幼白糖一茶匙，生抽半湯羹，麻油一茶匙，胡椒粉些少，羌汁半湯羹，花彫酒半湯羹，五香粉半茶匙，最後加放清水三湯羹，然後將牠一齊拌勻，醃約五小時左右，使其入味。

炸之方法：

先將醃好的雞，每邊黏上適量的茨粉。跟着將用鑊洗淨燒熱，然後加放油約六飯碗左右將牠燒至滾，然後將黏好粉的雞放下油鑊裏，將牠炸至脆熟為好。時間約六分鐘七至分鐘左右。炸好，將牠斬件砌回雞樣。用有青瓜和蕃茄圍邊的碟盛載，即成。

AROMATIC BONE CHICKEN

Materials:

1 chicken (about 2½ kati with feather),

Ginger — 1 tah.,

Cucumber — 1,

Tomato — 1.

Preparation:

Chop off the head and the legs of the chicken and then cut it into halves.

Scrape and grind the ginger, squeeze out the juice for use. Shave and cut the cucumber into slices. Cut the tomato into slices. Both cucumber and tomato slices are to be used for garnishment.

Method of and the ingredients for seasoning chicken:

Mix fine salt 2 teaspoons, Vesop ½ teaspoon, fine sugar 1 teaspoon, light soya sauce ½ tablespoon, sesame oil 1 teaspoon, a little pepper powder, ginger juice ½ tablespoon, Chinese wine ½ tablespoon, spice powder ½ teaspoon and fresh water 3 tablespoons and stir thoroughly.

Evenly rub the chicken with this mixture and season it for about 5 hours.

Method of frying:

Stick the seasoned chicken with suitable amount of starch flour.

Clean and heat the frying pan, pour in 6 rice-bowls of oil and boil it. Then put in the chicken to fry for about 6 or 7 minutes until it is cooked and crisp. After frying, cut the chicken into pieces which are later displayed back in the original shape of a chicken. Serve the chicken in a plate garnished with cucumber and tomato slices.

酥炒牛肉絲

用 料：

牛柳枚肉半斤，大青椒一只，約二兩重左右，紅辣椒兩只，大棵咸菜四兩，冬菇四只，冬筍二兩，生蔥三條，幼米粉少，約半兩。

製 法：

牛肉，先將牠打橫切片，跟着再將牠切成粗絲，用碗一只盛載，然後加放梳打粉一茶匙，幼食鹽一茶匙，蜂巢味素半茶匙，白糖半茶匙，清水兩湯羹，生抽一茶匙，晒抽一茶匙，麻油一茶匙，胡椒粉些少，粟粉一湯羹，然後用手一齊將牠拌勻，最後再加放花生油一湯羹，再拌勻，醃約三十分鐘左右，使其入味。大青椒，紅辣椒，同樣將牠開邊去頭去核，再將牠切成粗絲，咸菜，將菜葉與老梗改去，而嫩梗將牠切成粗絲，冬菇浸軟去頭切絲，冬筍同樣將牠切成粗絲，生蔥去頭尾，然後洗淨切成寸度。

獻汁份量

湯或清水五湯羹，轉用碗一只盛載，然後加放幼食鹽半茶匙，蜂巢味素半茶匙，白糖半茶匙，生抽一茶匙，蠔油一茶匙，晒抽半茶匙，麻油一茶匙，胡椒粉些少，最後加放粟粉 $\frac{2}{3}$ 湯羹，即大半湯羹，將牠一齊攪勻便成獻汁。

炒的方法：

首先將切好的咸菜用滾水滾一息間，然後撈起盛着，跟着，將用鑊洗淨燒熱，然後加放油約四飯碗左右，等油燒至滾，然後將幼米粉放下，將牠炸至鬆脆，然後撈起將牠搗碎些少。用碟一只盛載，跟着成鑊連油抽離爐火，凍些少後，然後將醃好牛肉絲全部一齊放落鑊裏，將牠略炸一息間，即泡嫩油，約半分鐘左右，然後撈起盛着，將油倒回盆裏約剩下兩湯羹左右，然後將切好的冬筍和大青椒，紅辣椒，冬菇，咸菜，蔥度等一齊放下鑊裏炒香，泡過油的牛肉絲，再放下鑊裏一齊同炒，然後加放花彫酒半湯羹，跟着將調好的獻汁攪勻放下，再將牠一齊兜勻，然後兜起放在有炸米粉墊底的碟盛載，即成。

FRIED BEEF SHRED

Materials:

Beef steak — $\frac{1}{2}$ kati,	Mushrooms — 4,
Green chilli — 1 (about 2 tah.),	Bamboo shoots — 2 tah.,
Red chilli — 2,	Spring onions — 3 stalks,
Salted cabbage — 4 tah.,	Vermicelli — $\frac{1}{2}$ tah.

Preparation:

Cut the beef crosswise into slices and further into shreds. Put the beef shreds into a bowl, add in soda powder 1 teaspoon, salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, sugar $\frac{1}{2}$ teaspoon, fresh water 2 tablespoons, light soya sauce 1 teaspoon, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder, cornflour 1 tablespoon and knead them thoroughly. Lastly add in 1 tablespoon of peanut-oil, repeat the kneading and season the beef for 30 minutes.

Cut the red chilli and green chilli and remove seeds from them. Then cut them into shreds.

Select the young leaf-stalks of the salted cabbage and cut them into shreds.

Soak and cut the mushrooms into shreds.

Cut the bamboo shoots into shreds and spring onions into short lengths.

Gravy Sauce:

Using 5 tablespoons of stock or fresh water in a bowl, add in salt $\frac{1}{2}$ teaspoon, Vesop $\frac{1}{2}$ teaspoon, sugar $\frac{1}{2}$ teaspoon, light soya sauce 1 teaspoon, oyster sauce 1 teaspoon, black soya sauce $\frac{1}{2}$ teaspoon, sesame oil 1 teaspoon, a little pepper powder, $\frac{2}{3}$ tablespoon of cornflour and stir thoroughly into gravy.

Method of frying:

First boil the salted cabbage for a while in boiling water and remove for use.

Clean and heat the frying pan, pour in about 4 rice-bowls of oil and boil it. Put in the vermicelli to fry until spongy and crisp, then remove and smash the vermicelli into tiny particles. Serve these smashed vermicelli in a plate. Remove the pan with oil from flame to allow the oil to cool down a bit. Then put in the seasoned beef shreds into the oil to fry for a while (about half a minute) and remove. Pour back the oil to the container leaving only 2 tablespoons in the pan, then put in the well-prepared bamboo shoots, green chilli, red chilli, mushrooms, salted cabbage and spring onions to fry deliciously. After that put in the slightly fried beef shreds and stir. Add in $\frac{1}{2}$ tablespoon of Chinese wine.

Stir well the gravy pour into the pan and stir thoroughly.

After well-fried, transfer the foodstuff to the plate where the bottom of it, with the crisp vermicelli.

明 爐 叉 燒

用 料：

淨猪肉一斤半，最好略帶有些少肥，燒臘粉即金黃色的顏色粉一茶匙。

製 法：

先將猪肉洗淨，然後用刀改切成粗條，與街市所賣的叉燒同樣大細為適，全部切好，用盆仔一只盛載，然後加放幼食鹽半湯羹，蜂巢味素一茶匙，幼白糖六湯羹，生抽半湯羹，晒抽一茶匙，清水四湯羹，燒臘粉一茶匙，但先用熱水一湯羹攪勻，才可放下，跟着用手一齊拌勻，醃牠約五小時左右，使其入味。

焗之方法

首先將焗爐火制開盡，將牠燒約十五分鐘至二十分鐘左右，使其全部熟透，然後將醃好的猪肉一條條排放落鐵架盛着，放進焗爐裏，最受火力這層，而最低這層，用盆一個加放清水些少，（意思是防醃猪肉汁水滴下爐裏，燒燬影响肉味），跟着門門用高火力，焗約十五分鐘至二十分鐘左右，以有些少濃香為適，接着取出，每條再塗上醃猪肉的汁水些少，然後每條將牠反轉，再放進焗爐裏，再將牠焗約十五分鐘左右，使其全部香熟為好。注意，當焗到尚未够時間時，而猪肉現出焦燬，可以將焗爐的火制門慢些少。直至够時間為適，時間，約三十分鐘左右，電爐與煤爐同一樣方法。

註：如不放燒臘粉，可將晒抽一茶匙改作一湯羹，便可以。

ROASTED LEAN PORK

Materials:

Lean pork (with some fat) — 1½ kati,
Golden brown colouring powder — 1 teaspoon.

Preparation:

Clean the lean pork, cut it into long coarse shreds and put them in a small basin. Add in fine salt ½ tablespoon, Vesop 1 teaspoon, fine sugar 6 tablespoons, light soya sauce ½ tablespoon, black soya sauce 1 teaspoon and fresh water 4 tablespoons.

Mix the golden brown colouring powder with a tablespoon of hot water and add in. Knead thoroughly and season the lean pork pieces for about 5 hours.

Method of roasting:

Preheat oven for 15 to 20 minutes. Place the well-seasoned lean pork pieces on a metal rack and put the metal rack in the oven where the pork pieces will be directly heated. Put a small basin filled with some water underneath to receive any excess liquid dropping from the pork pieces, to prevent burning smoke.

To make it more tasty, shut the oven to roast for 15 to 20 minutes. Then remove and brush the pork pieces with the seasoning sauce. Overturn the pork pieces, and again put in the oven to roast for 15 more minutes until the pieces are cooked.

Note that if before the essential time period the pork is over-burnt, then decrease the temperature to roast for enough period of time. Total time period required is 30 minutes. Electric and gas ovens will serve the same purpose.

If golden brown colouring powder is not available, then the one teaspoon of black soya sauce can be increased to one tablespoon.

炸 釀 麵 飽

用 料：

蝦連壳計一斤，肥猪肉半兩，熟火腿十八小片，長形麵飽三片，每片約五分厚左右，青瓜一條，蕃茄一個。

製 法：

蝦一斤，全部去壳，開背洗淨後，抹乾水份，然後用刀剝爛，肥猪肉半兩同樣用刀剝爛，麵飽三片每片切開六件，青瓜和蕃茄，將牠改花切片，圍伴碟邊用。

調餡之方法和份量：

將剝爛之蝦肉轉用盤仔一只裝載，然後加放食鹽一茶匙，味精些少，白糖半茶匙，胡椒粉些少。跟着用手搓勻，然後再用力搓起膠。接着將剝好的肥猪肉滲放下去再搓勻，然後將牠分作十八份，每一件麵飽釀上餡一份，撥平後，面上放上熟火腿一片。如是全部釀好後，最後用滾油適量，將牠炸至脆熟為好（時間約兩分鐘左右），炸好用有青瓜蕃茄圍邊的碟裝載，即成。

FRIED BREAD-PIECES WITH STUFFING

Materials:

Prawns (with scales) — 1 kati,
Fat pork — $\frac{1}{2}$ tah.,
Cooked ham — 18 small slices,
Bread (rectangular slice) — 3 slices (each of abt. $\frac{5}{8}$ " thick).
Cucumber — 1,
Tomato — 1.

Preparation:

Scale all the prawns and cut them from the back and remove the dirt. Dry with a cloth and mince the prawns for use. Mince the fat pork also. Cut each of the three slices of bread into 6 small pieces. Cut the cucumber and tomato into designed slices for garnishment.

Method and the ingredients for preparing stuffing

Put the minced prawn in a container, add in fine salt 1 teaspoon, a little Vesop, sugar $\frac{1}{2}$ teaspoon, a little pepper powder and knead until the prawn-meat is sticky. Then add in the minced fat pork. Knead again and separate it into 18 portions. Flatten one portion of this stuffing on a piece of bread and place a slice of cooked ham on it. Fry these bread pieces with stuffing in suitable amount of boiling oil until cooked and crisp. (Fry for abt. 2 minutes). Place the well-fried bread with stuffing in the plate garnished with cucumber and tomato.

京都饅子雞

用料：

光雞一只，未割時連毛計，約一斤半左右，淨豬肉六兩，罐頭冬筍一兩，冬菇五只，蔥頭仔八小粒，蒜頭四小粒，生薑四小片，生蔥三條，茺茜一棵，雞蛋一只，八角兩原粒。

製法：

先將光雞洗淨，將後將腳斬去，用盤一只盛載。跟着加放生抽兩湯羹，晒抽半茶匙，五香粉半茶匙，一齊拌勻搽勻雞身內外，將牠醃約半小時左右，使其入味，淨豬肉將牠切成小件，每件約半兩重左右，加放食鹽半茶匙，生抽一茶匙，五香粉些少，雞蛋打開攪爛放半只，然後用手將牠拌勻，最後再加放粟粉一湯羹半，麵粉一湯羹，再將牠拌勻，醃約十五分鐘左右，使其入味。

冬菇先用清水浸軟，然後去蒂，再將牠切片候用。冬筍同樣將牠切片，蔥頭仔與蒜頭，一樣原粒去衣候用。生蔥去頭尾洗淨候用，茺茜洗淨去頭候用。

味汁與獻粉份量：

湯或清水一飯碗半，重量約十五安士，加放食鹽一茶匙，蜂巢味素半茶匙，幼白糖一茶匙，生抽兩茶匙，蠔油兩茶匙，麻油一茶匙，胡椒粉些少，將牠攪勻便成味汁候用。粟粉一湯羹半，另外用碗一只盛載，加放清水一湯羹將牠攪勻，候用。

煮的方法：

首先將用鑊洗淨燒熱，然後加放油，約五飯碗左右。等油燒至滾，跟着將醃好的豬肉一件件放下鑊裏，將牠炸至金黃色，然後撈起盛着，蔥頭仔和蒜頭同樣將牠略炸片刻，接着將醃好的雞成只放下鑊裏，同樣將牠炸至金黃色然後撈起。將油倒起，大約剩回兩湯羹左右。跟着將四片生薑和切好的冬菇，冬筍，洗淨的生蔥等，一齊放下鑊裏，並加放花彫酒半湯羹。接着將調好的味汁攪勻放下，而炸好的豬肉和蔥頭仔，蒜頭，雞等全部再放下鑊裏。炆牠一息間，然後全部兜起，轉用瓦鍋一只盛載，跟着放下蒸籠裏，隔水燉約一小時左右，以夠煸為好，燉好取出將味汁倒放鑊裏，用開好的獻粉埋獻。使其再滾，然後便兜起淋上雞面。洗淨的茺茜放在面上，即成。

MANDARIN STEWED CHICKEN

Materials:

1 cleaned chicken (about 1½ kati with feather),	
Lean pork — 6 tah.,	Canned bamboo shoots — 1 tah.,
Mushrooms — 5,	Ginger — 4 slices,
Small onions — 8,	Garlic — 4,
Spring onions — 3 stalks,	Parsley — 1 stalk,
Egg — 1,	Anise — 2.

Preparation: Clean the chicken, chop off the legs and put it on a plate. Then add in light soya sauce 2 tablespoons, black soya sauce ½ teaspoon, spice powder ½ teaspoon and stir thoroughly. Rub the chicken with this mixture internally and externally and season it for half an hour.

Cut the lean pork into small slices each is about ½ tah. in weight then add in salt ½ teaspoon, light soya sauce 1 teaspoon and a little spice powder. Beat the egg and add in half of it and stir thoroughly. Lastly add in 1½ tablespoons of cornflour and 1 tablespoon of wheat flour. Repeat the stirring and season the pork for about 15 minutes.

Soak and cut the mushrooms into slices. Cut the bamboo shoots into slices. Scale the small onions and garlic for use. Cut off the yellow portions and the root-stems of the spring onions and the parsley.

Gravy Sauce & gravy powder: Measure 1½ rice-bowls of stock of fresh water (15 ozs.) add in salt 1 teaspoon, Vesop ½ teaspoon, sugar 1 teaspoon, light soya sauce 2 teaspoons, oyster sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy.

Put 1½ tablespoon of cornflour in a bowl, add in 1 tablespoon of fresh water and stir well for use.

Method of cooking: Clean and heat the frying pan, pour in 5 rice-bowls of oil and boil it. Then put in the well-seasoned pork pieces to fry until the pieces are golden brown and remove.

Put the small onions and garlic to fry for a while. Put the small onions and the garlic to fry for a while, then put in the well-seasoned chicken and fry until golden brown and remove. Pour back the oil to the container and leave only 2 tablespoons in the pan. Put in the well-prepared ginger, bamboo shoots, mushrooms and spring onions to fry. Meanwhile add in ½ tablespoon of Chinese wine "Far Teow". Stir well the gravy and pour in, put in the fried pork, small onions, garlic and chicken etc., Simmer for a while. After that transfer all to a container. Put the whole container in the steamer and stew for about 1 hour over water until all the foodstuff are cooked. After stewing, remove and pour the sauce in the frying-pan. Add in the gravy powder. Boil it and water the foodstuff with this delicious sauce. Put the clean parsley on the top of the chicken and serve.

酥 脆 蝦 球

用 料：

大蝦連壳計一斤，約廿四只，雞蛋一只，蕃茄兩個，芫茜兩棵，自發麵粉六兩。

製 法：

先將蝦壳與頭剝去，祇留回尾些少，然後用力開背，將蝦洗淨，再用布抹乾水份，候用。

用碟一只，將抹乾的蝦放下，然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，胡椒粉些少，淨雞蛋白半湯羹，粟粉一湯羹，跟着用手拌均，最後加放花生油半湯羹，再拌勻，醃約十五分鐘，使其入味。

蕃茄切片，芫茜洗淨，要葉，圍拌碟邊用。

脆粉之製法：

自發麵粉六兩，轉用大碗一只盛載。然後加放幼食鹽兩茶匙半，清水一飯碗，重量約十安士，跟着用手輕輕拌勻，最後再加放花生油兩湯羹，再一齊拌勻，便成脆粉。

用碟一只，將醃好的蝦，一只只排放下，然後將開好的脆粉淋上面，候炸。

將用鑊一只洗淨燒熱，然後加放花生油約五飯碗左右，將牠燒至滾，便將黏有脆粉的蝦，一只只放下油鍋裏，將牠炸至脆熟為好，以上的蝦份量，最好分作三次炸完。

FRIED CRISP PRAWNS

Materials:

Big prawns (with shells) — 1 kati (about 24 in number),
Egg — 1, Tomatoes — 2,
Parsley — 2 stalks, Self-Raising flour — 6 tah.

Preparation:

Remove the shells and the heads of the prawns leaving each with only a tail portion. Cut them from the back and wash. After that dry them with a cloth for use. Put the dry prawns in a plate, add in fine salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar $\frac{1}{2}$ teaspoon, a little pepper powder, egg-white $\frac{1}{2}$ tablespoon, cornflour 1 tablespoon, and knead thoroughly. Lastly add in $\frac{1}{2}$ tablespoon of peanut-oil and season the prawns for about 15 minutes. Cut the tomatoes into slices and select only the green leaves of the parsley for garnishment.

Method of preparing batter (in liquid form):

Put the self-raising flour in a bowl, add in fine salt $2\frac{1}{2}$ teaspoons, fresh water 1 rice-bowl (about 10 ozs.) and stir gently with hand. Lastly add in 2 tablespoons of peanut-oil and stir thoroughly.

Method of frying:

Place the well-seasoned prawns in a plate and pour the batter on them.

Clean and heat the frying pan, pour in about 5 rice-bowls of peanut-oil and boil it. Put in the prawns one by one to fry until they are cooked and crispy.

The amount of prawns is better to take 3 times to fry all.

申江豆腐

用料：

方格豆腐（即水豆腐）八小方格，拆好的蟹肉（三兩），淨猪肉貳兩，罐頭毛菇貳兩，葫蘿蔔即淨計約一兩。生葱三條，荷蘭豆二兩，生羌兩小片，雞蛋一只。

製法：

豆腐將牠改切成小件，猪肉切薄片，毛菇同樣切片，葫蘿蔔改花切片，生葱洗淨切寸度，荷蘭豆用手擯去頭尾，再將兩邊根絲撕去，洗淨候用。

獻汁份量：

湯或清水（一飯碗半），重量約十五安士左右，加放幼食鹽一茶匙，蜂巢味素一茶匙，幼白糖一茶匙，生抽兩茶匙，蠔油兩茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻便成味汁。另粟粉一湯羹，用碗一只盛載，加放清水一湯羹攪勻，煮獻時用。

煮之方法：

先將用鑊一只洗淨燒熱，然後加放油約五飯碗左右，將油燒至猛熱，然後便將切好豆腐分次數放下鑊裏，將牠炸至金黃色，然後撈起候用，全部炸好，將油倒回盆裏，約剩回兩湯羹左右，然後便將荷蘭豆放下炒香，跟着兜起用碟一只盛載，繼續再加放油三湯羹，跟着將羌片放下炒香，隨後將切好的猪肉與毛菇，葫蘿蔔，葱度等，一齊放下炒香，最後將調好的味汁攪勻放下，待滾，將炸好的豆腐放下，慢火炆約三四分鐘左右，接着將拆好的蟹肉與進好的獻粉放下，隨放隨用鑊鏟兜勻，最後將炒好的荷蘭豆和雞蛋一只打開放下，再將牠兜勻，然後兜起用碟一只盛載，即成。

SUN KONG BEAN-CURDS

Materials:

Bean-curds — 8 squares,

Lean pork — 2 tah.,

Carrot (shaved) — 1 tah.,

French beans — 2 tah.,

Egg — 1.

Crab-meat — 3 tah.,

Canned button mushrooms — 2 tah.,

Spring onions — 3 stalks,

Ginger — 2 slices,

Preparation:

First cut the bean-curds into small pieces.

Cut the pork and the mushrooms into slices. Cut the carrot into designed slices. Cut the spring onions into short lengths. Tear off the veins of the French beans and wash it for use.

Gravy Sauce & Gravy Powder:

Using $1\frac{1}{2}$ rice-bowls (about 15 oz.) of stock or fresh water in a container, add in salt 1 teaspoons, Vesop 1 teaspoon, fine sugar 1 teaspoon, light soya sauce 2 teaspoons, oyster sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy.

Mix 1 tablespoons of cornflour with 1 tablespoons of fresh water in a bowl into gravy powder.

Method of cooking:

Clean and heat the frying pan, pour in 5 rice-bowls of oil and boil it. Put in the bean-curd pieces to fry until they are golden brown and remove. Pour back the oil to the container leaving only 2 tablespoons in the pan. Put in the French beans to fry deliciously and transfer to a plate. Pour in again 3 tablespoons of oil, put in the ginger slices to fry first and further add in the well-prepared pork, mushrooms, carrots, spring onions to fry deliciously. Stir well the gravy and pour in. When it boils, put in the well-fried bean-curds and simmer for about 3 to 4 minutes. After that put in the crab-meat and gradually add in the gravy powder. Stir during adding. Lastly put in the well-fried French beans and break an egg in.

Stir well and transfer it to a plate to serve.

炒 咕 嚕 肉

用 料：

淨猪肉半斤最好帶有些少肥，青瓜一條，洋葱頭一個，蕃茄兩個，生葱三條，紅辣椒一只，雞蛋一只。

製 法：

先將猪肉洗淨，然後用刀切成粗粒，用碗一只盛載，加放幼食鹽半茶匙，蜂巢味素些少，幼白糖半茶匙，清水一湯羹，雞蛋一只打開，然後用手一齊拌勻，最後再放粟粉兩湯羹，再拌勻，將牠醃約十五分鐘左右，使其入味。

青瓜刨皮去瓢切件，洋葱頭去衣切成小塊，蕃茄切件，生葱去頭尾些少，然後洗淨切成寸度，紅辣椒去核切碎，全部切好候用。

獻汁份量：

湯或清水五羹湯，加放幼食鹽半茶匙，蜂巢味素些少，幼白糖兩湯羹，茄汁兩湯羹，A1 梳士半湯羹，白米醋一湯羹，辣椒醬半湯羹，麻油半茶匙，一齊攪勻便成味汁。另粟粉 $\frac{2}{3}$ 湯羹，用清水兩湯羹攪勻，候用。

炒之方法：

先將用鑊洗淨燒熱，然後加放油適量，跟着將醃好的猪肉全部黏上適量的茨粉，待油燒至猛滾，然後便將黏好茨粉的猪肉全部放下鑊裏。將牠炸至脆熟，然後撈起盛着，將油倒回盆裏，再將用鑊洗淨燒熱，然後加放油兩湯羹，跟着將切好的洋葱頭放下起鑊，繼將味汁攪勻全部放下，煮至略滾，然後將開好的獻粉放下埋獻，再使其滾，接着將切好的辣椒、青瓜、蕃茄、生葱等全部放下，炸好的猪肉同時放下，最後一齊兜勻，跟着兜起用碟一只盛載，即成。

SWEET & SOUR PORK

Materials:

Lean pork (with some fat) — $\frac{1}{2}$ kati,	
Cucumbers — 1,	Spring onions — 3 stalks,
Big onions — 1,	Red chilli — 1,
Tomatoes — 2,	Egg — 1.

Preparation:

Clean and cut the pork into coarse round pieces. Then put them in a bowl, add in salt $\frac{1}{2}$ teaspoon, some Vesop, sugar $\frac{1}{2}$ teaspoon, fresh water 1 tablespoon, the yolks of the eggs and knead well. Lastly add in 2 tablespoons of cornflour. Knead thoroughly and season them for about 15 minutes.

Shave the cucumbers, remove the seeds and cut the cucumbers into small pieces.

Scale and cut the big onions into small pieces. Cut the tomatoes into slices and spring onions into shorts lengths. Remove seeds from the red chilli and cut the red chilli into particles.

Gravy Sauce and Gravy Powder:

Using 5 tablespoons of stock or fresh water in a container, add in salt $\frac{1}{2}$ teaspoon, a little Vesop, sugar 2 tablespoons, tomato sauce 2 tablespoons, A1 sauce $\frac{1}{2}$ tablespoon, white vinegar 1 tablespoon, chilli sauce $\frac{1}{2}$ tablespoon, sesame oil $\frac{1}{2}$ teaspoon, and stir thoroughly into gravy.

Mix $\frac{2}{3}$ tablespoon of cornflour with 2 tablespoons of fresh water into gravy powder.

Method of frying:

Clean and heat the frying pan and pour in suitable amount of oil.

Stick the well-seasoned pork-pieces with starch flour. When the oil boils, put in the pork pieces to fry until all are cooked and crisp, and remove.

Pour back the excess oil to the container leaving only 2 tablespoons in the pan. Put in the well-cut big onions.

Stir well the gravy and pour in. When it boils slightly, gradually add in the well-stirred gravy powder. Boil it again and put in the well-prepared red chilli, cucumber, tomato, spring onions and lastly the well-fried pork pieces. Stir thoroughly and transfer all to a plate for service.

椰汁鮮奶凍

用料：

大菜即燕菜一兩，刨好之椰子絲一斤，花嘜罐頭鮮奶一大罐，白糖一斤，巴冷葉（即香蘭葉）兩棵，（或改用香草油半湯羹）青色之顏色半湯羹。

製 法：

大菜一兩，先用適量之清水浸一息間，然後撈起盛去水份候用。

椰子絲一斤，轉用盤仔一只盛載，然後加放凍滾水四飯碗，重量約四十安士，跟着用手將牠搓勻，接着用薄布將牠的水份全部擠出。轉用另一只大盅盛載，這樣便成椰汁候用。

巴冷葉兩棵撕開洗淨候用。

調製方法：

首先轉用煲一個洗淨，然後加放清水六飯碗，重量約六十安士，接着便將浸好的大菜和洗淨的巴冷葉，全部放落煲然後再放落爐火處將牠燒滾，隨羹隨用鐵壳攪勻，使大菜全部溶化爲適，接着便將白糖一斤放下，同樣使牠溶化爲適。羹好再用漏斗隔淨，巴冷葉撈起不要，待凍些少時，使將鮮奶一罐放下，而揸好的椰汁，同時一齊放下，隨放隨用鐵壳攪勻，最後將青色顏色水半湯羹放下，再將牠攪勻，然後將牠分放在有花樣鐵兜盛載，或用杯仔與碗仔分載。分好全部放進雪櫃裏使牠凝結，食時取出，轉扱放另一只大碟或兜轉載，如欲增加美觀，可另加放罐頭什水菓圍伴。

COCONUT CREAM

Materials:

Agar-agar — 1 tah., Grind coconut — 1 kati,
Canned evaporated milk — 1 can, Sugar — 1 kati,
Pandan leaves — 2 stalks, (or Vanilla $\frac{1}{2}$ teaspoon)
Green colouring liquid — $\frac{1}{2}$ tablespoon.

Initial Preparation:

Soak the agar-agar in fresh water and remove allowing it to dry.

Put the grind coconut in a basin, add in 4 rice-bowls of cool boiled water (about 40 ozs.) and knead thoroughly. Wrap the wet coconut shreds with cloth and squeeze out the coconut juice into a bigger container for use.

Tear and clean the pandan leaves for use.

Preparation:

Clean a pot, pour in 6 rice-bowls of fresh water (about 60 ozs.), put in the agar-agar and pandan leaves, then boil the water. Stir evenly during boiling to dissolve all the agar-agar. Meanwhile put in the sugar and stir to dissolve it. After boiling, filter the solution and allow it to cool. Then pour in the fresh evaporated milk and coconut juice. Stir thoroughly, add in $\frac{1}{2}$ a tablespoon of the green colouring liquid and stir again.

Pour this fragrant solution in containers with shapes or moulds. Place these containers with solution in the refrigerator to set. While serving, canned fruits can be added to beautify the dish.

蟹 肉 燒 賣

用 料：

淨猪肉半斤，大蝦連壳計半斤。拆好的蟹肉四兩，冬菇三只，生蔥三條，罐頭冬筍一兩，雞蛋一只，製好的雲吞皮五十張改切圓形。

製 法：

先將猪肉洗淨，然後用刀剝爛候用，大蝦全部去壳，然後再用刀開背洗淨盛乾，再用乾布抹去水份，同樣用刀剝爛候用。

冬菇先用清水浸軟，然後去蒂，再用刀將牠切成小粒候用。生蔥洗淨同樣切成小粒。冬筍用刀將牠切成小粒，並將水份揸乾候用。

調餡之方法與份量：

首先將剝好的猪肉轉用盤仔一只盛載。然後加放幼食鹽兩茶匙，蜂巢味素一茶匙，幼白糖一茶匙半，生抽一湯羹，跟着用手將牠拌勻，再用力搓起膠。剝好的蝦肉同樣用手將牠搓起膠，再將牠搓勻後，接着便將切好的冬菇，冬筍和生蔥等放下，而拆好的蟹肉，同時一齊放下，跟着再加放麻油一茶匙，猪油一湯羹，胡椒粉些少，並將雞蛋一只打開放一半下去，再用手將牠一齊搓勻，最後再加放粟粉一湯羹半，再搓勻便成為餡。用改好的雲吞皮包釀。

包餡方法與大小可隨意。以上的份量，可包三十五至四十粒左右。全部包好，將牠排在蒸籠裏，然後隔水猛火，蒸約十分鐘左右。但籠底必須先掃上油些少，以免黏連。

STEAMED CRAB-MEAT PICCATAS (SHAO MAI)

Materials:

Lean pork — ½ kati,	Big prawns (with shells) — ½ kati,
Crab meat — 4 tah.,	Spring onions — 3 stalks,
Mushrooms — 3,	Egg — 1,
"Wan Tun" wrappers — 50 pieces (cut them in round shape).	
Canned bamboo shoot — 1 tah.,	

Preparation:

Clean the pork and mince it for use. Scale, cut the prawns from the back and clean all interior dirt. Dry them with cloth and mince them for use.

Soak and cut the mushrooms into small particles for use.

Cut also the spring onions and bamboo shoots into particles. Squeeze off the water from the bamboo shoots for use.

Method of and the ingredients for preparing stuffing:

First put the minced pork in a container add in salt 2 teaspoons, Vesop 1 teaspoon, sugar 1½ teaspoons, light soya sauce 1 tablespoon and knead thoroughly until sticky. Then add in the prawn-meat and knead again until the mixture is sticky. Meanwhile add in the well-prepared mushrooms, bamboo shoots, spring onions, crab-meat, sesame oil 1 teaspoon, lard 1 tablespoon, a little pepper powder and half portion of an egg. Knead thoroughly. Lastly add in 1½ tablespoons of cornflour and knead thoroughly into delicious stuffing.

Method of wrapping stuffing:

The way of wrapping and the sizes are optional. The above amount of stuffing can be divided into 35 to 40 portions. After wrapping, put the piccatas in the steamer to steam for about 10 minutes. The inner bottom of the steamer must first be stained with oil to prevent sticking.

噏汁煎雞卷

用料：

通脊肉又名肉眼（即無骨之猪排肉）一斤，熟火腿二兩，罐頭冬筍二兩，蕃茄兩個，青瓜一條，紅辣椒兩只，雞蛋一只，雞肝兩個。

製法：

先將肉眼用刀改去筋與肥油等，然後打橫切片，再用刀背拍濶些少，全部改切好，以十二兩重計算。加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖一茶匙，晒抽兩茶匙，雞蛋一只打開放下，然後用手一齊拌勻，最後加放粟粉兩湯羹，再拌勻，將牠醃約十五分鐘左右，使其入味。

雞肝先用滾水適量將牠滾約十分鐘左右，然後撈起用清水漂凍，再用刀將牠切成細條形，火腿和冬筍同樣將牠切成細條形候用。

捲之方法：

先將醃好之猪肉一件件攤開，然後放上雞肝、火腿、冬筍，每樣一條。跟着用手將牠捲成筒樣，如是者全部捲好用碟一只盛着候煎，蕃茄切片，圍伴碟邊用，青瓜刨皮切絲，紅辣椒去核切絲一齊拌勻，然後用清水將牠浸一息間，跟着撈起盛去水份，圍伴傍邊用。

獻汁之份量：

湯或清水四湯羹，然後加放噏汁一湯羹，A1 梳士半湯羹，生抽半湯羹，幼白糖一湯羹，蜂巢味素半茶匙，麻油半茶匙，粟粉兩茶匙，一齊攪勻便成獻汁。

煎之方法：

先將用鑊一只洗淨燒熱，然後加放油些少蕩勻鑊四週圍，跟着將捲好的雞卷一件件排放下鑊裏，將牠煎香兩面，隨煎隨加放油些少，以浸過面為適，煎好撈起將油倒回油盆裏，約剩一湯羹左右，然後將調好的獻汁攪勻放下，待牠再滾，跟着便將煎好的雞卷，再大下鑊裏，齊一兜勻，然後兜起用有蕃茄、青瓜圍邊的碟盛載，即成。

FRIED CHICKEN ROLLS IN LEA & PERRIN SAUCE

Materials:

Pork fillet — 1 kati,	Cooked ham — 2 tah.,
Canned bamboo shoots — 2 tah.,	Tomatoes — 2,
Cucumber — 1,	Red chilli — 2,
Egg — 1,	Chicken livers — 2.

Preparation:

Remove the veins and fat from the pork fillet, cut it crosswise into slices. Hit the slices with the blade of knife to flatten them a bit. After cutting is about 12 tah. in weight. Then put the pork slices in a container add in salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, sugar 1 teaspoon, black soya sauce 2 teaspoons, one egg and knead well. Lastly add in 2 tablespoons of cornflour, knead thoroughly again and season the pork for about 15 minutes.

Boil the chicken livers in boiling water for about 10 minutes and transfer them to fresh water. After that cut them into thin shreds. Cut the cooked ham and the bamboo shoots also into shreds for use.

Method of rolling:

Spread out a slice of the well-seasoned pork place on it one shred of chicken liver, cooked ham and bamboo shoot and roll them up in a cylindrical form. Put the well-prepared rolls in a plate for frying.

Cut the tomatoes into slices.

Shave and cut the cucumber into shreds.

Remove seeds from the red chilli and cut the chilli into shreds. Mix them all together and soak it in water for a while, remove to drip off the excess water and use for garnishing.

Gravy Sauce:

Using 4 tablespoons of stock or fresh water in a container, add in Lea & Perrin Sauce 1 tablespoon, A1 sauce $\frac{1}{2}$ tablespoon, light soya sauce $\frac{1}{2}$ tablespoon, sugar 1 tablespoon, Vesop $\frac{1}{2}$ teaspoon, sesame oil $\frac{1}{2}$ teaspoon, cornflour 2 teaspoons and stir them thoroughly into gravy.

Method of frying:

Clean and heat the frying pan and pour in some oil to stain the inner surface of the pan. Put in the well-prepared chicken rolls one by one to fry both sides deliciously. Add in oil during frying to cover the rolls. After frying remove the rolls and pour back the excess oil to the container leaving only 1 tablespoon in the pan.

Stir well the gravy and pour in. When it boils put in the well-fried rolls and stir thoroughly. Then transfer the rolls to the plate garnished with tomato, cucumber and red chilli.

揚 州 炒 飯

用 料：

煮熟之白飯四飯碗，重量約一磅半，拆好的蟹肉四兩，（或蝦仔肉四兩焗熟），叉燒三兩，生葱六條，雞蛋四只。

製 法：

先將叉燒切成小粒，生葱去頭洗淨後，同樣將牠切成小粒，雞蛋將牠打開用碗一只盛載，然後將牠攪爛些少，候用。

味之份量

白飯四飯碗，加放幼食鹽兩茶匙，蜂巢味素兩茶匙，麻油一茶匙，胡椒粉些少，候用。

炒之方法：

先將用鑊洗淨燒熱，然後加放油約五湯羹左右，將牠燒至滾，然後將攪爛的雞蛋，全部放下，將蛋炒熟後，接着將調好味的白飯放下鑊裏一齊同炒，炒至够香够熱，然後將拆好的蟹肉和切好的叉燒，葱粒等，一齊放下鑊裏同炒，最後再加放生抽一湯羹和清水兩湯羹，然後再將牠兜勻，跟着兜起用碟一只盛載，即成。

"YOUNG CHOW" FRIED RICE

Materials:

Cooked rice — 4 rice bowls (about 1½ lbs.),
Crab-meat — 4 tah. (or cooked prawn-meat — 4 tah.),
Roasted lean pork — 3 tah.,
Spring onions — 6 stalks,
Egg — 4.

Preparation:

Cut the roasted lean pork and spring onions into particles.
Break the eggs in a bowl and beat for use.

Ingredients:

Mix 4 rice-bowls of cooked rice with fine salt 2 teaspoons, Vesop 2 teaspoons, sesame oil 1 teaspoon, and a little pepper powder for use.

Method of frying:

Clean and heat the pan, pour in 5 tablespoons of oil to boil. Pour in the beaten egg and put in the well-mixed rice to fry deliciously. Then add in the well-prepared crab-meat, roasted lean pork, spring onions and stir. Lastly add in 1 tablespoons of light soya sauce and 2 tablespoons of fresh water. After that transfer to a plate for service.

冬 茸 鷓 鴒 粥

用 料：

光鴨一只，未割時連毛計約二斤重左右，淨豬肉三兩，冬瓜連皮計十二兩，生薑兩小片，雞蛋一只。

製 法：

先將光鴨，開背洗淨，然後將頭尾改切去不要。跟着用滾水將鴨無約五分鐘左右，然後撈起用盆仔一只盛載。豬肉同樣將牠無一息間，然後撈起同鴨一齊盛載。接着加放清水三飯碗，重量約三十安士。跟着將兩片生薑放下。然後成盆放下蒸籠裏，隔水將牠燉約兩小時左右，燉好成盆取出，將鴨撈起盛去水份。等凍些，然後用手將肉全部拆出，再用刀將牠剝爛用碗盛載候用。燉鴨的原湯，將牠隔淨，用盅一只盛載，以三飯碗計算，加放幼食鹽三茶匙，蜂巢味素半茶匙，白糖一茶匙，生抽兩茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻，便成味湯。

冬瓜，用刀將皮刨去，將瓢挖去，然後將牠洗淨再用薑擦磨爛。用盆仔一只盛載，跟着加放幼食鹽一茶匙半，將牠攪勻，然後成盆放下蒸籠裏，將牠燉約半小時，然後取出候用。

獻粉份量：

粟粉三湯羹，用碗一只盛載，加放清水三湯羹將牠攪勻候用。

煮之方法：

先將用鑊洗淨燒熱，然後加放油約三湯羹。跟着將調好的味湯放下，而剝爛的鴨肉和燉好的冬瓜全部一齊放下，等煮到略滾時，然後便將開好的獻粉攪勻，隨少隨少放下。隨放隨用鐵壳推勻。使牠再滾，然後將雞蛋一只打開放下，再將牠推勻。跟着兜起用大瓦礫一只盛載，即成。

PORRIDGE OF MELON AND PARTRIDGE

Materials:

1 duck (about 2 kati with feather), Lean pork — 3 tah.,
Melon — 12 tah. (with skin), Ginger — 2 slices,
Egg — 1.

Preparation:

First cut open the duck from the back and chop off the head and the tail. Then boil the duck and the lean pork in boiling water for about 5 minutes and remove them into a small basin. Pour in 3 rice-bowls of fresh water (about 30 ozs.) and add in 2 slices of ginger.

After that place the whole basin in the steamer to stew for about 2 hours and remove the duck from the stock to allow it to cool. Filter the stock for use.

Abstract all the meat and mince. Place the mince-meat in a bowl for use.

The original stock (duck stock) using 3 rice-bowls of the stock in a container, add in salt 3 teaspoons, Vesop $\frac{1}{2}$ teaspoon, sugar 1 teaspoon, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into delicious stock.

Shave the melon and scoop the seeds from it. Clean and grind the melon into mash. Put the mash in a small basin, add in salt $1\frac{1}{2}$ teaspoons and stir well.

Place the basin of melon mash in the steamer to steam for half an hour and remove for use.

Gravy Powder:

Put 3 tablespoons of cornflour in a bowl, add in 3 tablespoons of fresh water and stir evenly into gravy powder.

Method of cooking:

Clean and heat the pan and pour in 3 tablespoons of oil. Pour in the delicious stock, put in the minced duck-meat and cooked melon mash. When the mixture slightly boils, stir well the gravy powder and gradually add in. Stir during every adding with scoop.

Lastly break and pour in the egg. Stir well again and transfer the delicious partridge porridge into a container for service.

辣子炒蝦仁

主要用料：

蝦仁（即係淨蝦仔肉）半斤，大青辣椒一只，約二兩重左右，紅辣椒三只，罐頭毛菇二兩，冬筍（二兩），生葱四條，洋葱頭一個，葫蘿蔔刨淨計二兩，蒜頭兩小粒，豆板醬半湯羹，雞蛋一只。

製作方法：

蝦仔肉先用清水將牠洗淨，然後盛去水份，再用乾布將蝦身抹乾，然後轉用碟裝載，跟着加放梳打粉一茶匙，幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，胡椒粉些少，雞蛋白半湯羹，粟粉一湯羹，然後用手將它一齊撈勻，最後再加放花生油半湯羹再撈勻，醃牠四五小時左右，使其入味，大青椒和紅辣椒同樣將牠去蒂去核，然後再用刀將牠切成小塊，毛菇，冬筍，同樣將牠切成粗片，生葱將牠去頭尾，洗淨後，再將牠切成寸度，洋葱頭將牠去衣，切成小塊，葫蘿蔔將牠切成小粒，蒜頭兩小粒將牠去衣拍爛，再將牠剝成細粒。

獻汁之份量：

湯或清水五湯羹，然後加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖一茶匙半，生抽一茶匙，晒抽半茶匙，麻油一茶匙，胡椒粉些少，最後加放粟粉半湯羹，然後將牠一齊攪勻即成獻汁。

炒之方法：

首先將用鑊洗淨燒熱，然後加放油大約五飯碗左右，將油燒到略略滾的時候，然後將醃好的蝦仔肉全部一齊放在油鑊處，跟着用鑊將牠兜散，炸牠約半分鐘左右，然後將牠撈起盛去油份，將油倒回油盆處，大約剩餘兩湯羹左右，然後將剝爛的蒜頭和半湯羹豆板醬，放在鑊處起鑊，接着將切好的冬筍和洋葱頭，大青辣椒，紅辣椒，葫蘿蔔，毛菇，生葱等一齊放在鑊裏，將牠炒香，跟着將炸過的蝦，再放在鑊裏，再將牠兜勻，跟着燴上花彫酒半湯羹，最後將調好的獻汁攪勻，全部放在鑊裏，再將牠兜勻，跟着兜起用碟裝載即成。

FRIED PRAWNS WITH CHILLI

Materials:

Prawn-meat — $\frac{1}{2}$ kati,	Big green chilli — 1 (about 2 tah.),
Red chilli — 3,	Canned button mushrooms — 2 tah.,
Bamboo shoot — 2 tah.,	Spring onion — 4 sprigs,
Big onion — 1,	Garlic — 2,
Egg — 1,	Red carrot (shaved) — 2 tah.,
Bean chilli shuced sauce — $\frac{1}{2}$ tablespoon.	

Preparation: Clean the prawn-meat with fresh water. Drip off the water and rub the prawn-meat with cloth. Put the prawn-meat in a bowl, add in bi-carbonate of soda 1 teaspoon, fine salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar $\frac{1}{2}$ teaspoon, a little pepper powder, egg-white $\frac{1}{2}$ tablespoon, cornflour 1 tablespoon and knead well. Lastly add in peanut-oil $\frac{1}{2}$ tablespoon, knead again and season the prawn-meat for 4 to 5 hours. Remove stems and seeds from the red chilli and green chilli. Cut the red chilli and green chilli into small pieces. Cut the button mushrooms and bamboo shoot into slices. Remove stems and yellow leaves from the spring onion. Clean and cut the spring onion into short lengths. Scale and cut the big onion into small pieces. Cut the red carrot into particles. Scale and smash the garlic, then cut them into particles.

Gravy Sauce: Using 5 tablespoons of stock or fresh water in a bowl, add in fine salt $\frac{1}{2}$ teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar $1\frac{1}{2}$ teaspoons, light soya sauce 1 teaspoon, black soya sauce $\frac{1}{2}$ teaspoon, sesame oil 1 teaspoon, a little pepper powder, cornflour $\frac{1}{2}$ tablespoon and stir well into gravy.

Method of frying: Clean and heat the frying-pan, pour in about 5 rice-bowls of oil and boil it slightly. Put in the seasoned prawn-meat and disperse the meat with scoop. Fry the prawn-meat for about half a minute and remove to drip off the excess oil. Pour the oil back to the container, leaving only 2 tablespoons of it in the pan. Put in the well-prepared garlic and bean chilli shuced sauce to fry deliciously. Then add in bamboo shoot, big onion, green chilli, red chilli, red carrot, button mushrooms and spring onion etc. to fry. Stir thoroughly and add in slightly fried prawn-meat. Stir again. Splash in $\frac{1}{2}$ tablespoon of Chinese Far Teow wine. Lastly stir well the gravy and add in. Stir thoroughly and transfer all to a plate.

脆皮燒雞

用 料：

光肥雞一隻，未割時連毛計約三斤左右，酸桔仔兩粒，青瓜一條，蕃茄一個，磚頭蜜糖或麥芽糖一湯羹，五香粉半茶匙。

製 法：

先將光雞洗淨，然後將腳斬去，用碟盛着候用。

五香粉半茶匙，加放幼食鹽 $\frac{2}{3}$ 湯羹，跟着攪勻，然後搽勻雞肚內，候用。

將用鑊洗淨，然後加放清水三飯碗，重量約三十安士左右，跟着將酸桔仔一粒切開放下，蜜糖一湯羹，同時放下，使牠燒滾，然後將鑊裏頭的水，用鐵壳淋勻雞身，用鈎或鹹水草扣住雞頸，吊放在當太陽處，將牠晒約五小時左右，使雞身乾透，（如無太陽，可用焗爐或炭爐焙乾雞身亦可。）

炸雞之方法：

先將用鑊洗淨，然後加放油約七飯碗左右，將油燒至略滾，然後便將晒乾的雞放下，慢火將牠反復炸約八分鐘至十分鐘左右便熟，炸好撈起，即用刀將牠斬件砌回雞樣，青瓜和蕃茄，改花切片，酸桔仔一粒切開邊，圍伴碟邊用，另跟淮鹽兩小碟上即成。

淮鹽之配製法：

五香粉半茶匙加放幼食鹽一湯羹攪勻，便成淮鹽，如用剩可留作下次用。

FRIED CRISP-SKIN CHICKEN

Materials:

A cleaned fat chicken (about 3 kati with feather),

Small lemons — 2,

Cucumber — 1,

Tomato — 1,

Honey or maltose — 1 tablespoon,

Five spice powder — $\frac{1}{2}$ teaspoon.

Preparation:

Clean the chicken, chop off the legs and place it on a plate.

Mix Five Spice Powder $\frac{1}{2}$ teaspoon with $\frac{2}{3}$ tablespoon of salt and rub the inner portion of the chicken.

Clean the pan, pour in 3 rice-bowls of fresh water (about 30 ozs.) and add in 1 tablespoon of honey. Cut one small lemon into halves and put in, then boil the water. Water the chicken thoroughly with this water. Hang the chicken in bright sunlight for about 5 hours until the chicken is completely dry. (If there is no sunlight dry the chicken in oven.)

Method of frying:

Clean and heat the frying pan, pour in about 7 rice-bowls of oil and slightly boil it. Put in the chicken to fry with slow flame for 8 to 10 minutes. Remove the chicken from oil.

Chop it display the pieces in the original form of a chicken on the plate garnished with cucumber and tomato slices. Cut the other lemon into halves and place them nearby the chicken. Serve the chicken with two small plates of spice/salt which is composed of $\frac{1}{2}$ teaspoon of five spice powder and 1 tablespoon of fine salt.

砂 鍋 魚 頭

用 料：

鯪魚頭一邊，約一斤重左右。水豆腐即方格豆腐四小方格，淨豬肉三兩，發好的海參三兩，冬菇四只，冬筍一兩半。生葱三條，黃芽白菜六兩，紅辣椒一只，生薑三小片，豆板醬半湯羹，浙醋半湯羹。

製 法：

鯪魚頭，打鱗去腮洗淨用碟盛着。然後加放生抽兩湯羹，搽勻整邊魚頭候用。豆腐原件用滾水將牠焯約一小時左右，跟着撈起漂凍。然後再將牠切件候用。

淨豬肉切片，海參切件，冬菇浸軟去蒂切片。冬筍切片，生葱洗淨，切寸度，黃芽白菜切塊，紅辣椒去核，切小塊候用。

味湯份量：

湯或清水四飯碗半（四十五安士），轉用盆仔一只盛載。然後加放食鹽兩茶匙半，蜂巢味素半茶匙，幼白糖一茶匙，生抽半湯羹，晒抽一茶匙半，麻油一茶匙，浙醋半湯羹，胡椒粉些少。

煮的方法：

先將用鑊洗淨燒熱，然後加放油，約五飯碗左右。將油燒至滾，然後便將搽上生抽的魚頭成邊放下鑊裏，將牠炸至香熟，然後撈起盛着。將鑊裏油倒回盆裏，約剩兩湯羹左右，跟着將黃芽白菜放下炒香，炒好兜起盛着，再將用鑊洗淨燒熱，然後加放油一湯羹半，跟着將三片生薑和切好的豬肉，冬筍，冬菇，生葱，紅辣椒，豆板醬等，一齊放下鑊裏炒香，接着將調好的味湯攪勻放下，而切好的海參和豆腐，炸過的魚頭，炒過的黃芽白菜等，同時一齊放下，將牠滾一息間，然後兜起轉用砂鍋盛載，再放落爐火處，俟牠約三十分鐘左右。約剩三飯碗汁水為適，原鍋上台即成。

FISH-HEAD IN CLAY-POT

Materials:

Half portion of a big fish-head (about 1 kati),	
Soya bean curds — 4 squares,	Pork — 3 tah.,
Sea-cucumber — 3 tah.,	Mushrooms — 4,
Bamboo shoot — 1½ tah.,	Spring onions — 3 stalks,
Tientsin cabbage — 6 tah.,	Red chilli — 1,
Ginger — 3 slices,	Bean chilli shued sauce — ½ tablespoon,
Black vinegar — ½ tablespoon.	

Preparation: Scale and clean the fish-head. Rub it thoroughly with 2 tablespoons of light soya sauce.

Boil the soya-bean curds in boiling water for about one hour, transfer to fresh water and cut them into smaller pieces for use.

Cut the pork into slices and sea-cucumber into pieces.

Soak and cut the mushrooms into slices. Cut the bamboo shoot into slices, spring onions into short lengths and Tientsin cabbage into pieces. Remove seeds from the red chilli and cut it into small pieces.

Gravy: Using 4½ rice-bowls of stock or fresh water (45 ozs.) in a small basin, add in salt 2½ teaspoons, Vesop ½ teaspoon, sugar 1 teaspoon, light soya sauce ½ tablespoon, black soya sauce 1½ teaspoons, sesame oil 1 teaspoon, black vinegar ½ tablespoon, a little pepper powder and stir thoroughly into gravy.

Method of cooking: Clean and heat the frying pan, pour in 5 rice-bowls of oil and boil it. Put in the fish-head to fry until it is cooked and delicious and remove. Pour back the oil to the container, leaving only 2 tablespoons in the pan, put in the Tientsin cabbage to fry and remove.

Again clean and heat the pan, pour in 1½ tablespoons of oil. Put in the well-prepared ginger, pork, bamboo shoots, mushrooms spring onions, red chilli and bean chilli shued sauce to fry deliciously stir well the gravy stock and pour in, meanwhile add in the well-prepared sea-cucumber, bean curd, fish-head and slightly fried Tientsin cabbage to boil for a while.

Then transfer all foodstuff and sauce to a clay-pot and simmer for about 30 minutes until there are only 3 rice-bowls of sauce left and serve this dish with the clay-pot.

西施蟹棗

用料：

淨猪肉五兩，大蝦連壳計半斤，拆好的蟹肉三兩，冬菇三只，罐頭冬筍二兩，生葱三條，雞蛋一只，罐頭片形王梨三片，紅櫻桃三粒，腐皮一張。

製法：

猪肉用刀將牠剝至茸爛，大蝦去壳洗淨抹乾，同樣用刀剝爛候用，冬菇先用清水浸軟，然後去蒂，再將牠切成細粒候用，冬筍將牠切成幼絲，再鋤短些少，然後用手揸乾水份候用，生葱洗淨切成小粒，王梨與紅櫻桃同樣切片，圍伴碟邊用。

調餡之方法與份量：

首先將剝好的猪肉轉用盤仔一只盛載，然後加放食鹽一茶匙半，蜂巢味素一茶匙，白糖一茶匙，跟着用手將牠拌勻，再用力搓起膠，接着將剝好的蝦肉放下，同樣用力將牠搓起膠，繼續將切好的冬菇，冬筍，葱粒，拆好的蟹肉同時一齊放下，接着將雞蛋一只打開放下，並加放生抽一茶匙，麻油一茶匙，胡椒粉些少，然後再用手將牠一齊搓勻，最後再加放粟粉一湯羹，再搓勻便成餡，將牠分作兩份。

包紮之方法：

首先準備約一尺長之幼鹹水草三十五條左右，用水浸軟候用，接着將腐皮攤開用濕布抹淨，然後用刀將牠切成兩塊，每一塊放上餡一份，跟着用手將牠搭成長形，最後再用鹹水草攔腰縛成一節一節，像蜜棗形，縛好排放落蒸籠裏，隔水將牠蒸約八分鐘至十分鐘左右便熟，蒸好取出，等凍些少然後將牠剪開，將草揀去。

最後用油適量，將牠炸至脆熟為好，用有王梨和櫻桃圍邊的碟盛載，即成。

FRIED CRAB DATES

Lean pork — 5 tah.,

Crab-meat — 3 tah.,

Canned bamboo shoot — 2 tah.,

Egg — 1,

Red cherry — 3,

Big prawns — $\frac{1}{2}$ kati (with shells),

Mushrooms — 3,

Spring onions — 3 stalks,

Canned pineapple — 3 slices,

Bean curd sheet — 1.

Preparation:

Mince the lean pork.

Scale and clean the big prawns, dry and mince them for use.

Soak and cut the mushrooms into particles.

Cut the bamboo shoot into thin shreds and squeeze the water out for use. Cut the spring onions into particles.

Cut the pineapple and the red cherry into slices for garnishment.

Method and the ingredients for preparing stuffing:

Put the minced pork in a plate, add in salt $1\frac{1}{2}$ teaspoons, Vesop 1 teaspoon, fine sugar 1 teaspoon and knead them thoroughly until sticky. Add in the minced prawns and knead again, then put in also the well-prepared mushrooms, bamboo shoot, spring onions, crab-meat, egg, light soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and knead well. Lastly add in 1 tablespoon of cornflour and knead again into stuffing. Divide the stuffing into two portions.

Method of folding stuffing:

Firstly prepared 35 thin straws (about 1 ft long) and dip them in water for use. Rub the bean-curd-sheet with wet cloth and cut it into two. Place one portion of the stuffing on each half-piece and roll it up lengthwise. Use thin straws to tie the long roll into small rolls like dates. Then place them in the steamer to steam for 8 to 10 minutes. When cooked remove and allow them to cool. Cut and separate the small rolls. Cast away the thin straws.

Clean and heat the frying pan, pour in suitable amount of oil and boil it. Put in the cooked rolls to fry until crisp and transfer to the plate garnished with pineapple and red cherry slices.

燒 焗 排 骨

用 料：

豬排骨二斤，生羌一兩，青瓜一條，蕃茄一個。

製 法：

先將排骨洗淨，然後用刀將牠斬件，每件約兩半至二兩重左右，斬好用盆仔一只盛載，生羌去皮洗淨，再用羌擦磨爛渣汁，用碗一只盛載，青瓜刨皮洗淨，改花切片，圍伴碟邊和墊碟底用，蕃茄同樣將牠切片，圍伴碟邊用。

醃排骨之方法與分量：

以上之排骨重量加放幼食鹽一茶匙半，蜂巢味素半茶匙，幼白糖一湯羹，疏打粉兩茶匙，生抽半湯羹，晒抽一湯羹，蠔油半湯羹，麻油兩茶匙，胡椒粉些少，五香粉（一茶匙），羌汁半湯羹，花彫酒一湯羹，最後加放清水四湯羹，粟粉（兩湯更），然後用手將牠拌勻，醃約兩、三小時左右，使其入味。

焗之方法：

首先將焗爐之火制開盡，將牠燒約十五分鐘至二十分鐘左右，使焗爐全部熱透，然後將醃好的排骨一件件排放落鐵盆一個盛載，而盆底須先放上油些少，然後成盆放進焗爐裏，放在最受火這層，跟着門門用高度火力，焗牠約十五分鐘左右，以有些少煙香爲適，接着成盆取出，每一件將牠反轉，再成盆放進焗爐裏，同樣將牠焗約十五分鐘左右，以全部香熟爲好，注意，當焗到尚未夠時間，而排骨現出焦爛，可將焗爐的火制門慢些少，直至夠時間爲適，全部時間約三十分鐘左右，電爐與煤汽爐同一樣方法，焗好取出一件件放在有青瓜和蕃茄圍邊的碟盛載，焗排骨的原汁放在面上，即成。

ROASTED PORK RIBS

Materials:

Pork-ribs — 2 kati,
Cucumber — 1,

Ginger — 1 tah.,
Tomato — 1,

Preparation:

First clean and chop the pork-ribs into pieces, each weighing about $1\frac{1}{2}$ to 2 tah. Clean and grind the ginger to obtain the juice. Cut the cucumber and tomato into designed slices for garnishing the plate.

Method of seasoning pork-ribs:

With the above amount of the well-cut pork-ribs in a containers, add in salt $1\frac{1}{2}$ teaspoons, Vesop $\frac{1}{2}$ teaspoon, fine sugar 1 tablespoon, soda powder 2 teaspoons, light soya sauce $\frac{1}{2}$ tablespoon, black soya sauce 1 tablespoon, oyster sauce $\frac{1}{2}$ tablespoon, sesame oli 2 teaspoons, a little pepper powder, 5 spice powder 1 teaspoon, ginger juice $\frac{1}{2}$ tablespoon, Chinese wine "Far Teow" 1 tablespoon, fresh water 4 tablespoons, corn-flour 2 tablespoons and stir thoroughly. Season the pork-ribs for 2 to 3 hours.

Method of roasting:

Adjust the temperature of the roasting oven to the highest degree to heat the oven for 15 to 20 minutes.

Place the pork-ribs pieces on a metal tray, the surface of it must be first stained with oil. Then put the whole metal tray in the portion of the oven directly heated. Shut the oven and roast the pork-ribs for 15 minutes until delicious flavour evaporates. Remove the whole tray and overturn the pork-ribs and put in again to roast for another 15 until the pork-ribs are cooked and delicious.

Note that if before the essential time-period, the pork-ribs are over burnt, then decrease the temperature and prolong the roasting period. The full period needed is 30 minutes.

Electric and gas ovens will serve the same purpose.

After well-roasted, display the pieces in the plate garnished with cucumber and tomato and pour the original season sauce on top and serve.

雞 茸 粟 米

用 料：

淨雞胸肉或猪肉眼（即通脊肉），去皮計三兩。雞蛋一隻，罐頭粟米一罐。

製 法：

雞肉用刀剝至茸爛，用碗一隻盛載。雞蛋打開，淨要蛋白，用碗盛載。跟着加放清水三湯羹，然後用筷子攪勻。接着將剝爛的雞肉放下，將牠搓勻候用。

粟米開了用大盅一隻盛載。然後加放湯或清水三飯碗，重量約三十安士左右。跟着加放幼食鹽三茶匙，蜂巢味素一茶匙，幼白糖半茶匙，生抽半湯匙，麻油一茶匙，胡椒粉些少，一齊攪勻候用。

獻汁份量：

粟粉三湯羹，加放清水三湯羹，一齊攪勻候用。

煮的方法：

先將用鑊洗淨燒熱，然後加放油三湯羹。跟着將開好的粟米湯放下，燒至略滾，然後將調好的獻粉攪勻，隨少隨少放下鑊裏，隨放隨用鐵壳推勻，最後將剝爛的雞肉與蛋白水放下。再將牠一齊推勻，然後兜起用窩盛載，即成。

CHICKEN-MINCE WITH CORN SOUP

Materials:

Chicken-meat or lean pork — 3 tah.,

Egg — 1,

Canned sweet corn — 1 can.

Preparation:

Mince the chicken-meat and put it in a bowl.

Break the egg and abstract the egg-white in a bowl. Add in 3 tablespoons of fresh water and stir well with chopstick. Then put in the minced chicken-meat and knead well for use. Pour the can of corn in a pot, pour in 3 rice-bowls of stock or fresh water 30 ozs. add in fine salt 3 teaspoons, Vesop 1 teaspoon, sugar $\frac{1}{2}$ teaspoon, light soya sauce $\frac{1}{2}$ tablespoons, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly for use.

Gravy Powder:

Mix 3 tablespoons of cornflour with 3 tablespoons of fresh water in a bowl for use.

Method of cooking:

Clean and heat the frying pan, add in 3 tablespoons of oil and pour in the well-prepared cornstock. Boil it slightly and gradually add in the well-stirred gravy powder. Stir during adding.

Lastly put in the mixed chicken-meat with egg-white. Stir well and transfer to a container.

雞 蘭 玉 腿 火

用 料：

肥嫩光雞一隻，未割時連毛計約三斤左右，芥蘭菜三棵，約六兩重左右，熟火腿十小片。

製 法：

先將光雞洗淨，然後將腳斬去候用，將用保一個洗淨，然後加放清水適量，以能浸過雞面的水為適量，將水燒滾，然後將洗淨的雞，原隻放下煲裏，跟着取起，如是者三次，最後使滾水貫進雞肚內，然後將牠滾一分半鐘左右，以再滾計算，如雞身超過重量，滾的時間，便久一點，滾好原煲抽離爐火，蓋燜約十五分鐘便熟，燜好原隻取出，再用清水將雞身浸凍，跟着撈起盛去水份，然後用刀將雞起骨，將肉斬件，再砌回雞樣，而火腿十小片將牠排放上雞面。

芥蘭菜三棵，每棵將老葉撕去，老梗的皮刨去，然後再用刀將牠改淨切件，再用清水浸一息間，跟着撈起用滾水油適量，將牠灼熟，約一分鐘左右，然後撈起，一件件排放在已斬好的雞傍邊，最後煮味汁，淋上面上，即成。

獻汁份量

雞湯十湯羹，加放食鹽一茶匙半，味精半茶匙，白糖半茶匙，生抽半湯羹，蠔油兩茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻候用。

粟粉半湯羹，另外用碗一只裝載，加放清水一湯羹，攪勻候用。

煮獻汁方法：

將鑊洗淨後，加放油兩湯羹，跟着將調好的味汁攪勻，全部倒放鑊裏煮至略滾，然後將開好的獻粉攪勻，隨少放下埋獻，煮好等凍些少，然後全部淋放雞肉面上，即成。

CHICKEN WITH VEGETABLE & HAM

Materials:

1 fat tender chicken (about 3 kati with feather),
Mustard green — 3 stalks (about 6 tah),
Cooked ham — 10 slices.

Preparation:

Clean the chicken and chop off the legs. Clean the pot, pour in suitable amount of fresh water (the water must be able to cover up the chicken) and boil it. Repeat the action of "putting in the chicken and remove immediately" for three times. Lastly allow the boiling water to fill the belly of the chicken and boil it for $1\frac{1}{2}$ minutes. (If the chicken is too big boil it for a longer period). Then remove the pot from flame cover the lid to allow the chicken dipping in boiling water for 15 minutes. After that transfer it to fresh water and remove. Remove all bones and cut the chicken-meat into pieces, and then display the pieces back in the form of chicken. On top of it places 10 slices of cooked ham slices.

Tear off the old and yellow leaves of the 3 stalks of mustard green and shave the old stems off them. Then cut them into small pieces and soak them in fresh water for a while. After that boil the pieces in suitable amount of boiling oily water for about 1 minute, remove and display around the chicken. Water the dish with the gravy.

Gravy:

Using 10 tablespoons of stock into a container, add in $1\frac{1}{2}$ teaspoons of fine salt, $\frac{1}{2}$ teaspoon Vesop, sugar $\frac{1}{2}$ teaspoon, light soya sauce $\frac{1}{2}$ tablespoon, oyster sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy.

Mix $\frac{1}{2}$ tablespoon of cornflour with 1 tablespoon of water into gravy powder.

Method of cooking gravy

Heat the frying-pan and add in oil 2 tablespoons. Next add in the well-stirred gravy. Pour in to the pan to boil slightly and gradually add in the gravy powder. Allow the sauce to cool for a while and pour it over the food chicken for service.



作者在女青年會作烹調教導時的情況

This photo was taken during lesson at Young Women's Christian Association.

中外量制比較表

一 兩	=	1 又 $\frac{1}{2}$ 安士
一兩半	=	2 安士
三 兩	=	4 安士
六 兩	=	8 安士
半 斤	=	10 又 $\frac{2}{3}$ 安士
一 斤	=	21 又 $\frac{1}{3}$ 安士
水一飯碗(重量約七兩半)	=	10 安士
水十羹湯(重量約六兩)	=	8 安士

XXXXXXXXXXXXXXXXXXXX

Equivalents of Weight

1 Tah	=	1 $\frac{1}{2}$ oz.
1 $\frac{1}{2}$ Tahs	=	2 oz.
3 Tahs	=	4 oz.
6 Tahs	=	8 oz.
$\frac{1}{2}$ Kati	=	10 $\frac{2}{3}$ oz.
1 Kati	=	21 $\frac{1}{3}$ oz.
1 Rice bowl water (about 7 $\frac{1}{2}$ tahs)	=	10 oz.
10 Tbsp. water (about 6 tahs)	=	8 oz.